

SKIN CARE

Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
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Like all of the body's tissues, the skin changes in the course of the normal aging process:

- \$ Aging skin may appear to be rough, leathery, wrinkled, yellowed, and unevenly colored.
- \$ Over time, facial skin loosens to sag along the jawbone and under the eyes.
- \$ The face may become more red and blotchy as the blood vessels become more visible.
- \$ The skin may become more fragile, and may bruise or tear easily, and take longer to heal.
- \$ Blemishes and precancerous cancerous lesions may become more prevalent. They are not only unattractive but can be serious.

Though people experiences skin changes as they age, other factors such as family history, genetics, sun exposure and smoking can negatively impact the health of your skin.

Sun Damage

Too much sun exposure will damage your skin over time. Sun damage may show first as freckles, often followed by roughness, age spots, wrinkles, and cancer. Fair skin burns more easily, but dark skin will burn, too.



Remember that the effect is cumulative—the skin never forgets.

Smokers Beware!

Smoking not only increases wrinkles, but smokers have a higher risk for many cancers. Smokers may want to consider



not smoking to protect their skin.

Dryness & Itching

Severe itching is known as *pruritus*. Itching can be caused by many reasons, such as:

- \$ Excessive dryness. Some effective treatments for treating dry skin include taking shorter showers, utilizing moisturizer while the skin is still damp, and using over-the-counter lotions for specific itchy areas.
- \$ *Scabies*. These are tiny parasites typically located under the armpits, in the webs of fingers or toes, or around the ankles. They cause small red pimples and patches.
- \$ Eczema. This is an inflammatory response of the skin triggered by various factors, such as stress. All eczema is itchy and may appear as an area of redness with pimples, blisters, scaling, or rough skin.
- \$ Reactions to medications may include itching accompanied by a rash.
- \$ Persistent itching without an obvious cause should be reported to your health care provider.

Liver Spots

Liver spots are flat brown spots on the skin, and are a universal sign of aging. Occurring mostly on the hands and face, these blemishes tend to enlarge and darken over time. Remember: Changes in the appearance of your skin should be evaluated by health staff.*

* See the *Inmate Information Sheet on Skin Cancer* for more information.